

ABSTRACT OF THE DISCLOSURE

Compositions and methods of using conjugated  
linoleic acid preparations enriched for the t10,c12 and  
c9,t11 isomers are disclosed. It is found that  
preparations of conjugated linoleic acid containing a  
ratio of t10,c12 to c9,t11 of about greater than 1.2:1  
are desirable for a wide variety of nutritional,  
therapeutic and pharmacologic uses.

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